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## Welcome to AgriLife Extension in Cooke County

Texas A&M AgriLife Extension Service is an educational outreach agency of Texas A&M University. It is funded through a partnership of the United States Department of Agriculture, the Texas A&M University System, and the county commissioners courts of Texas. Each county office is supported by Extension program specialists and research scientists in the College of Agriculture and Life Sciences at Texas A&M University who provide research-based information and educational materials which are then delivered by the local county faculty to citizens in their county.

The mission of Texas AgriLife Extension Service is to provide quality, relevant outreach and continuing education programs and services to the people of Texas. The staff and faculty of the Cooke County office of Texas AgriLife Extension Service are dedicated to accomplishing this mission in Cooke County by extending the resources of the Texas A&M University System to the people of Cooke County.

# INFUSED WATER

Family & Consumer Science Extension Agent Angel Neu shares some ideas on how to get your daily intake of water.

With this hot Texas heat, staying properly hydrated is essential to good health. We have all heard that water is the best way to stay hydrated, but what do you do if you don't like the taste of water? You might consider infused water—the art of adding fruits and vegetables to flavor water.

There are many health benefits of adding fruits and vegetables to our water besides staying properly hydrated. Many fruits such as oranges, lemons, limes and berries are rich in vitamin C. In addition, some add-ins provide other nutrients such as :

- Lemon and cucumber can help control bloating due to excess salt or hormonal fluctuations
- Sage or other herbs can help with relaxation

- Pomegranate/Dark Berries are rich in anti-oxidants which are known to protect against effects of aging.

Here are some ideas for infusing water.

## Cucumber Lemon

1 cucumber, thinly sliced

2 lemons, thinly sliced

Add to a pitcher of cold water and store in the refrigerator.

## Berry Sage

1/4 cup crushed strawberries

1/4 cup crushed pineapple

1 sage leaf

Add to a pitcher of cold water and store in the refrigerator.



## Summer Activities on a Budget

Half way through the summer and out of ideas for summer fun with the kids? Or are the grandkids coming to visit and you aren't sure what to do? There are some ideas that you might consider that won't break the bank.

### Get Outside

Go to the park and have a picnic. Have a scavenger hunt looking for things found in nature. Go fishing or for a hike.

### Read

Go learn. Many local libraries and organizations offer fun classes all summer. Look for what is available in your area.

### Go to the Movie

My family likes to watch classic movies outside on the patio on a summer evening. Local theaters also offer reduced rate children's movies at different times.

### Art/Culture

Many Museums offer great opportunities for kids and are within driving distance.

# PECAN MANAGEMENT

Agriculture & Natural Resources Extension Agent Marty Morgan shares some tips about pecan tree issues.

Question: Why do my pecan tree leaves look like this?



The culprit is the Pecan leaf Phylloxera, is an aphid like insect that injects a secretion into the leaves and a gall is formed to house the nymph until maturity. Leaf galls remain green and fleshy until they have opened. Once galls are present, no effective control of Phylloxera is available. Unless the tree is stressed for other reasons, they usually recover. The other important species of the Phylloxera is known as the Pecan Phylloxera is the most damaging because it attacks the stems, twigs and nuts. Extensive infestations of this species can reduce yield and the tree's vitality and subsequent production. Twig and stem galls are woody and may remain on the tree for several years.

Carbaryl (Sevin XLR 4F, or other formulations of Sevin) are available for home use. Dormant oil spray applied to tree trunks and limbs in dormant season is also effective, thorough coverage is essential to ensure that the eggs are killed. The Most effective control is in spring when eggs hatch from crevices in the bark and insects crawl to buds (early April), but before nymphs are protected inside the gall.

Question: What is wrong with my pecan nutlets?



Another insect that may be damaging your crop is the Pecan Nut Casebearer which completes several generations each year. Adults emerge in April and May and lay eggs on pecan nutlets soon after pollination. First-generation larvae feed on nutlets and mature to moths. First-generation larvae feed inside small nutlets from April to June. This generation is most damaging, as a single larva often destroys all the nutlets in a cluster. Larvae of later generations require just one or two nuts to complete their feeding, as pecans are larger at that time.

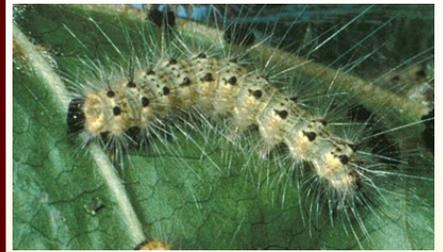
Visit Our Website

For the latest news in pecan management visit our website at <https://cooke.agrilife.org/>

Visit the link for Managing Insect and Mite Pests of Commercial Pecans in Texas at

<http://counties.agrilife.org/cooke/files/2016/03/2016-Insect-and-Mite-Pests-of-Pecans-Commerical-Guide-Ento-048.pdf>

## FALL WEBWORM CATERPILLAR



There has been an emergence of fall webworms in some pecan trees the last couple of weeks. Fall webworm caterpillars build large silken webs in pecan trees. A hundred or more caterpillars may be found inside the web, where they feed on pecan leaves. Large infestations may cover the tree with webs, causing severe defoliation. If webs are common and the potential defoliation appears unacceptable, spot spraying of infested trees may be practical. The insecticide spray must penetrate the web to be effective. Management options for the homeowner include: 1) prune out webs/larvae if possible; 2) tear open webs to allow access for predators and 3) application of an insecticide.

## 4-H IN COOKE COUNTY

4-h & Youth Development Extension Agent Phyllis Griffin shares information about the Cooke County 4-H Program.

The Cooke County 4-H and Youth Development program provides opportunities for all youth ages. The 4-H part of the program involves four age groups: Clover Kids – ages K thru 2nd grade; Juniors – 3<sup>rd</sup> thru 5<sup>th</sup> grade; Intermediates – 6<sup>th</sup> thru 8<sup>th</sup> grade; and Senior – 9<sup>th</sup> thru 12<sup>th</sup> grade.

The Youth Development part of the program offers curriculum enrichment to schools thru out the county, concentrating on the 3<sup>rd</sup> and 4<sup>th</sup> grades. In both parts of the program youth are given the opportunity to participate in innovative, fun projects, events and activities through which they can develop valuable, lifelong skills. During this past 4-H year, which runs from September 1<sup>st</sup> thru August 31<sup>st</sup>, the 4-H program in Cooke County consisted of 10 clubs with 295 members. These included: \* Courageous Canine 4-H Club; \* Lindsay 4-H Club; \* Era 4-H Club; \* Muenster 4-H Club; \* Midnight Mustangs 4-H Club; \* Livestock 4-H Club; \* Red River 4-H Club; \* Sharpshooters 4-H Club; \* Agriculture Junkies Spin Club; \* Valley View 4-H Club. Over 150 volunteer leaders helped in some way with club work this past year.

The top 15 4-H projects in Cooke County included: \*Food and Nutrition \*Horse \*Robotics \*Shooting Sports \*Swine \*Safety \*Ag ID \*Community Service \*Citizenship \*Rabbits \*Leadership \*Photography \*Clothing and Textiles \*4-H Clover Kids \*Dog Care & Training \*Public Speaking. Many educational opportunities are offered to complete these projects and to compete at every level of competition, county, district, state,

and national!

Special interest learning experiences and school curriculum enrichment that were offered this past year included: \*Farm City Week at NCTC \*Seeds of Grace \*4-H Project Day \*Progressive Agriculture Safety Day \*Fall Festival \*In Service to Others \*Dairy Mobil Classroom \*Toastmasters Youth Leadership \*Hatching in the Classroom \*Food Safety \*Walk across Texas. Cooke County 4-H is very involved in giving back to their community, service projects included:



“One Day 4-H” project benefitting the Cooke County Fair Association, 4-H youth planned and conducted the ‘Kid Zone’ area and the concession stand for the day.

Donating to a local food bank, over 200 pounds of food & other items or 55 boxes in the ongoing Cooke County 4-H ‘Birthday in a Box’ project. Over 75 youth are involved each year.

The ‘United We Read’ Program is a partnership between the Cooke

County United Way and Cooke County 4-H. Over 560 books were collected and handed out to youth at various community events.

Over 30 stuffed animals were collected and donated to the ‘ABC’s of Caring’ or the Abigail’s Arms-Buddy Bears – from the Cooke County 4-H program. Abigail’s Arms, is the local women’s shelter, the stuffed animals are given to arriving children as comfort animals.

‘In Service to Others’, over 85 4-H youth had the opportunity to serve at various community events for worthwhile groups or activities. ‘Power of the Purse’, a United Way fund raiser, All Babies Born Alive (ABBA) fund raiser, Healthy Happy Whole-concession, Lions Club spaghetti dinner, ‘Murder 76240’ fund raiser for local food bank, Medal of Honor Gala dinner, Kids Entertaining Kids fund raiser for the tri-county ECI program, The WWII Re-enactment Weekend opening event, ‘Zoo Boo’ at the Leonard Park Zoo the Stanford House (a local senior center) Gala, Cooke County TEEA Holiday Social and Medal of Honor Book Signing event.

Several events still to come this summer and early fall include: The Cooke County 4-H – Clover Kid Beginner Chef Camp! It will be held every Friday in July from 10 am til 2 pm, at the Frist Christian Church in Gainesville. Cost will be \$25.00 for all 4 classes and is limited to the 25 participants. Remember Clover Kids are 5-8 yrs old and in the second grade.

## 4-H IN COOKE COUNTY

There will be a county-wide 4-H club Officer training & Pool Party on August 10<sup>th</sup> 4-9:30 pm. Cost will be \$5.00 and the locations will be the Mission United Methodist Church, Leonard Park and the Gainesville Aquatic Center. The annual Cooke County 4-H Achievement Banquet, sponsored by the Cooke County Electric Co-operative will take place on August 19<sup>th</sup>, at the Frist Christian Church.

The “Welcome to Cooke County 4-H” annual kick-off night will be September 12<sup>th</sup>, 5-7:30pm at the Cooke County Fairgrounds. Make plans now to come out and meet club managers and members from all of the clubs in the county!

A new workshop the Cooke County 4-H Youth Advisory Board will be offering is “Leadership for Beginners”!! They are inviting younger members in 4-H to come ‘Explore 4-H Leadership’ on Saturday, September 9<sup>th</sup>, 9:30 thru 2 pm, location TBA

Then on September 23<sup>rd</sup>, come “Explore the Possibilities in Cooke County 4-H” fall project day. Many popular 4-H projects will be covered at this event. It will be held at the Cooke County Fairgrounds.

4-H is a **community** of **young people** across America who are learning **leadership, citizenship** and **life skills.**



# Upcoming Events

## See Our Website for Details

July—Every Friday

4-H Clover Kid Beginner Chef Camp

July 10-12

District 4 4-H UTRa Leadership Camp

July 20

Beef Quality Assurance Training

July 25

Private Pesticide Applicator Training

July 29

Child Care Provider Class

August 3

4-H Food as Art—Garnishing

August 4-5

Red River Equine Summit

August 8

Appraisal District Training

August 10

4-H Officer Training/Pool Party

August 19

4-H Achievement Banquet

August 25

State Fair of Texas Entry Deadline

August 29-30

Food Managers Certification Class

September 8

Do Well Be Well with Diabetes—Part 1

September 9

4-H “Leadership for Beginners”

September 12

4-H Sign Up Night

September 12

Private Pesticide Applicator Training

September 15

Do Well Be Well with Diabetes—Part 2

September 18

Fall Walk Across Texas Challenge begins

September 19

Cooking with Herbs

September 22

Do Well Be Well with Diabetes—Part 3

September 23

4-H Fall Project Day

September 29

Do Well With Diabetes—Part 4



## COOKE COUNTY AGRILIFE EXTENSION QUARTERLY NEWSLETTER ISSUE 1 JULY 2017

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